Write a Letter to the Editor to Support Vermont Farm to School!

HERE’S WHAT TO DO
Write a letter to your local newspaper (the paper that covers the area where you live). Send your letter by email, and only send it to one paper at a time. Do not cc (or bcc) multiple newspapers. A list of papers and contacts we want to get letters to is below.

WRITE A 3-PARAGRAPH LETTER
Paragraph 1: State you support expanding Farm to School in Vermont and more state funding is needed. Paragraph 2: Write two or three short sentences about why you support Vermont Farm to School. (A few ideas are listed on the next page to get you started, but please use your own words!) Paragraph 3: Say that you hope your legislators will work to get this important program funded at the $500,000/year level.

Your completed letter should be no more than five or six sentences. Be sure to include your full name, town, phone number, and email address.

DAILY PAPERS
Bennington Banner, Bennington news@benningtonbanner.com
Brattleboro Reformer, Brattleboro news@reformer.com
Burlington Free Press, Burlington letters@bfp.burlingtonfreepress.com
Caledonian Record St., Johnsbury news@caledonian-record.com
Eagle Times (NH), Claremont, NH news@eagletimes.com
Newport Daily Express, Newport editor@newportdailyadv.com
Rutland Herald, Rutland dmoats@rutlandherald.com
St. Albans Messenger, St. Albans emerson@samessenger.com
Times Argus, Barre-Montpelier letters@timesargus.com
Valley News, Upper Valley forum@vnews.com

WEEKLY PAPERS
Addison Independent, Middlebury letters@addisonindependent.com
Barton Chronicle, Barton news@bartonchronicle.com
Brandon Reporter, Brandon news@brandonreporter.com
Charlotte News, Charlotte news@charlottenewsvt.com
Colchester Sun, Colchester news@essexreporter.com
County Courier, Enosburg Falls countycourier@gmail.com
Deerfield Valley News, West Dover letters@vermontmedia.com
Essex Reporter, Colchester news@essexreporter.com
Hardwick Gazette, Hardwick news@thehardwickgazette.com
Manchester Journal, Manchester Center, news@manchesterjournal.com
Milton Independent, Milton indy@together.net
Montpelier Bridge, Montpelier mpbridge@sover.net
News & Citizen, Morrisville edit@newsandcitizen.com
Northfield News, Northfield nnews@trans-video.net
Randolph Herald, Randolph editor@ourherald.com
Shelburne News, Shelburne news@shelburnenews.com
Stowe Reporter, Stowe news@stowereporter.com
The Islander, South Hero islander@vermontislander.com
The Journal Opinion, Bradford, editor@jonews.com
The Message, Chester message@vermontel.net
The Observer, Jamaica news@vermontobserver.com
The World, Barre editor@vt-world.com
Town Crier, Bellows Falls/ Brattleboro-Wilmington, thagerman@thetowncriers.com
Transcript, Morrisville edit@newsandcitizen.com
Vermont News Guide, Manchester Center, vng@hersamacornvt.com
Vermont Standard, Woodstock vstand@sover.net
Waitsfield Valley Reporter, Waitsfield news@valleyreporter.com
Waterbury Record, Waterbury, news@waterburyrecord.com
Williston Observer, Williston, editor@willistonobserver.com

Find more @ vermontfarmtoschool.org
Dear Editor:
I support expanding Farm to School and Early Childhood programs in Vermont and believe that more state funding is needed. I also support a local purchasing incentive for schools to increase the amount of local food served in Vermont schools.

I support Farm to School because ________________________________

I hope that my legislators, ________________________________ , will support an increase of funding for Vermont Farm to School and Early Childhood programs for a total appropriation of $500,000 per year and the implementation of a local purchasing incentive for schools across the state.

Sincerely,

Print Name:

Signature:

Ideas to get you started (please use your own words in your letter):

• Every $1 spent on local food in Vermont schools contributes an additional 60¢ to the local economy.
• Increasing the amount of local food served in Vermont schools expands a stable market for Vermont farmers.
• Establishing healthy eating habits early in a child’s life is critical for preventing diet related diseases later in life.
• Teaching children how to eat healthily and take care of themselves will benefit this current generation and future generations.
• 1 in 7 Vermont children live in food insecure homes, an adverse childhood experience
• 90% of the brain has developed by age 5. Healthy, nutritious food is vital to healthy brain development.
• Currently, 26% of VT teens are overweight or obese; Farm to School, Farm to Early Childhood, and school nutrition programs can help to reverse this trend.
• Vermont schools with active Farm to School programs report declines in absenteeism and school nurse visits.
• Farm to School enhances overall academic achievement in K-12 settings and improves life skills, self-esteem, social skills and behavior.
• Farm to School helps educates children them about agriculture, the environment, and where healthy and local food comes from and how to access it.
• Vermont schools with active Farm to School Programs report twice the national average in vegetable consumption and more opportunities to learn about food and nutrition
• Serving healthier, local food has been proven to increase participation in school nutrition programs. This means more kids, especially those coming from homes that are struggling to put food on their own tables, are eating nutritious meals which help them grow and thrive at school.